



12. Kristall-Marathon

Merkers / 18.02.2018

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WALTMANS, Johannes

□□: Laufen in Lübeck

□□: 819

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:54:32

□□: 8.56 km/h

□□□□: 6:58 min/km

□□□□□/□□□□: 141 (of 168)

□□□□□/□: 122 (of 144)

□□□□□□: 2:45:49

□□□□□: 16(of 20)

□□□□□□□: 3:22:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:49	5:28	13	2:44	92	6:55	3.25	17:49	5:28	13	2:44	92	6:55	
□□ 2	3.25	17:35	5:24	11	2:39	89	5:48	6.50	35:24	5:26	13	5:23	91	12:43	
□□ 3	3.25	18:18	5:37	11	3:18	94	5:53	9.75	53:42	5:30	12	8:41	91	18:36	
□□ 4	3.25	18:24	5:39	11	3:21	95	5:47	13.00	1:12:06	5:32	12	12:02	90	24:23	
□□ 5	3.25	19:58	6:08	15	4:53	111	7:38	16.25	1:32:04	5:39	13	16:55	94	32:01	
□□ 6	3.25	21:47	6:42	17	6:20	129	9:23	19.50	1:53:51	5:50	14	23:15	104	41:24	
□□ 7	3.25	22:25	6:53	17	7:02	125	9:37	22.75	2:16:16	5:59	14	30:17	106	51:01	
□□ 8	3.25	24:36	7:34	20	8:43	137	11:47	26.00	2:40:52	6:11	15	39:00	110	1:02:48	
□□ 9	3.25	25:00	7:41	18	9:24	128	11:52	29.25	3:05:52	6:21	16	48:24	116	1:14:35	
□□ 10	3.25	28:18	8:42	20	11:54	138	15:28	32.50	3:34:10	6:35	16	1:00:18	117	1:30:03	
□□ 11	3.25	25:31	7:51	20	9:16	120	12:01	35.75	3:59:41	6:42	16	1:09:34	119	1:42:04	
□□ 12	3.25	28:44	8:50	20	12:26	138	14:47	39.00	4:28:25	6:52	16	1:22:00	121	1:56:51	
□□□ □□	3.25	26:07	8:02	18	10:12	122	12:15	42.25	4:54:32	6:58	16	1:31:47	122	2:08:43	